

Wildwood Veterinary Hospital  
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## Herbivore/Reptile Produce List

**STAPLE-** These foods are good to feed an herbivore on a regular basis, but do not forget to rotate them.

**OCCASIONAL-** Best to feed these foods only on occasion. Overfeeding most of these foods can lead to serious health problems. Combined with a balanced mixture of staple foods on occasion (a few times a month) can provide an herbivore the variety it needs.

**TREAT-** These foods work good as a treat or snack. Some of these foods can be included as a regular part of the diet, but most are occasional treats.

**TASTE OR COLOR ENHANCER-** Occasionally added to a balanced mixture of foods to make the meal tastier and more interesting for the herbivore.

**RARELY OR NEVER-** Due to poor nutritional content, this food item is okay if offered only rarely, along with other, more nutritious greens and veggies.

\*\*Fruits and flowers should be equal to or less than 5-10% of the diet.\*\*

**Acorn Squash- Occasional.** Fruit. Good source of fiber. Rind should be discarded. Core and finely chop or shred.

**Alfalfa - Staple**

**Apples-** Occasional. Should be peeled, cored and finely chopped or shredded.

**Asparagus-** Occasional. Very good source of protein. Should be finely chopped or shredded.

**Bananas-** Occasional. Peels may also be fed if grown organically.

**Beets and beet greens-** Occasional. High in oxalates, so it should only be fed occasionally. Beets should be finely chopped. Greens are best when cut into larger pieces or strips. Stems should be finely chopped or discarded.

**Bell peppers-** Great color/taste enhancer. Fruit. Great for adding color and variety.

**Blackberries-** Occasional and/or treat. Great for treats and a regular part of fruit content.

**Bok choy-** Occasional. Cut green portions into large pieces or strips. White portion may be discarded or finely chopped.

**Broccoli-** Occasional. Cut into very small pieces or shred. Leaves can also be offered.

**Brussels sprouts-** Occasional. Should be finely chopped or shredded.

**Butternut squash-** Occasional. Fruit. Should be peeled, cored and finely chopped or shredded.

**Cabbage-** Occasional. Finely chop or shred.

**Cactus leaves (prickly pear)-** Staple fruit. High in calcium. Should be finely chopped or shredded.

**Cantaloupe-** Occasional. Should be cored, rinds discarded and finely chopped. Great source of additional water content.

**Carrots**- Occasional. Should be peeled and finely shredded.

**Cauliflower**- Occasional. Should be finely chopped or shredded.

**Celery**- Occasional. Should be finely chopped or shredded.

**Chicory greens (escarole)**- Staple green. Best when cut into larger pieces or strips. Finely chop, shred or discard stems. Store cut, dried pieces in a plastic storage bag with other greens wrapped in paper towels. Squeeze air out of bag.

**Collard greens**- Staple green. Best when cut into larger pieces or strips. Finely chop, shred or discard stems. Store cut, dried pieces in a plastic storage bag with other greens wrapped in paper towels. Squeeze air out of bag.

**Coriander (cilantro)** - Occasional. Finely chop.

**Corn**- Rarely or never. Best if finely chopped.

**Cucumber**- Occasional. Fruit. Lacks in nutrition but okay on occasion for additional water and flavor.

**Dahlia**- Treat. Both flowers and leaves are okay to feed. Use caution and do not use plants that may have been treated with any pesticides or other chemicals.

**Dandelion greens**- Staple green. Best when cut into larger pieces or strips. Finely chop, shred or discard stems. Store cut, dried pieces in a plastic storage bag with other greens wrapped in paper towels. Squeeze air out of bag. Use caution and do not use plants that may have been treated with any pesticides or other chemicals. Both flowers and leaves are okay to feed.

**Endive**- Staple green. Best when cut into larger pieces or strips. Finely chop, shred or discard stems. Store cut, dried pieces in a plastic storage bag with other greens wrapped in paper towels. Squeeze air out of bag.

**Grapes**- Occasional and/or treat. Should be crushed or chopped.

**Green beans**- Staple veggie. Should be finely chopped or shredded.

**Hibiscus**- Treat. Both flowers and leaves are okay to feed. Use caution and do not use plants that may have been treated with any pesticides or other chemicals.

**Honeydew melon**- Occasional. Should be cored, rinds discarded and finely chopped.

**Kabocha**- Staple veggie. Should be peeled, cored and finely chopped or shredded.

**Kale**- Occasional. Best when cut into larger pieces or strips. Finely chop, shred, or discard stems. Store cut, dried pieces in a plastic storage bag with other greens wrapped in paper towels. Squeeze air out of bag.

**Kiwi fruit**- Occasional. Should be peeled, seeds removed, and finely chopped or crushed.

**Lentils**- Occasional. Best if cooked and finely chopped.

**Lettuces**- Rarely or never. Poor in overall nutritional value.

**Mango**- Staple fruit. Should be peeled, pitted, and finely chopped or crushed.

**Mustard greens**- Staple green. Best when cut into larger pieces or strips. Finely chop, shred or discard stems. Store cut, dried pieces in a plastic storage bag with other greens wrapped in paper towels. Squeeze air out of bag.

**Nasturtiums**- Treat. Both flowers and leaves are ok to feed. Use caution and do not use plants that may have been treated with any pesticides or other chemicals.

**Okra**- Staple veggie. Should be finely chopped or shredded.

**Papaya**- Staple fruit. Should be peeled, seeds removed and finely chopped or shredded.

**Parsley**- Occasional. Finely chop.

**Parsnip**- Staple veggie. Should be peeled and shredded.

**Peaches**- Occasional. Should be peeled, pits removed, and finely chopped.

**Pears**- Occasional. Should be peeled, cored, and finely chopped.

**Pumpkin**- Occasional. Fruit. Rind should be discarded. Core and finely chop or shred.

**Raspberries**- Occasional and/or treat.

**Rutabaga**- Occasional. Should be peeled and finely chopped or shredded.

**Snap peas**- Staple veggie. Should be finely chopped.

**Spaghetti squash**- Occasional. Should be peeled, cored and finely chopped or shredded.

**Spinach**- Occasional. Should be finely chopped.

**Strawberries**- Occasional and/or treat. Remove stems and caps and finely chop.

**Sweet potato**- Occasional. Should be peeled, cooked and finely chopped or shredded.

**Swiss chard**- Occasional. Should be finely chopped.

**Tomatoes**- Color/taste enhancer. Should be finely chopped.

**Turnip greens**- Staple green. Best when cut into larger pieces or strips. Finely chop, shred or discard stems. Store cut, dried pieces in a plastic storage bag with other greens wrapped in paper towels. Squeeze air out of bag.

**Watercress**- Staple green. Best when cut into larger pieces or strips. Finely chop, shred or discard stems. Store cut, dried pieces in a plastic storage bag with other greens wrapped in paper towels. Squeeze air out of bag.

**Watermelon**- Occasional. Remove rinds and cut or crush into small pieces. Very little nutrition, but an excellent source for additional water content.

**Whole wheat bread**- Rare Treat. - May work well to give oral medications.

**Yellow squash**- Occasional. Fruit. Should be finely chopped or shredded.

**Yucca root (cassava)**- Staple veggie. Very tough. Should be peeled and finely shredded.

**Zucchini**- Occasional. Fruit. Should be finely chopped or shredded.